



Chris Owens
Director

Once again it is election time and once again we hear voting *doesn't matter*.

I hope you will be moved by the Suffragettes' "Night of Terror." I hope you will be convinced by history your voice—your vote—does matter.

With the vote, women have power to push through barriers and we have done so. We take for granted that married women are teachers; single women own property; jobs are not designated "male only."

Unlike our mothers or grandmothers, women in boardrooms aren't there to serve coffee & take notes.

CASHIER WANTED, Female, Experienced. Age 25-35, Neat in appearance. See Miss Jewell Scott, Diana Shops, Westgate Shopping Center. [Ohio, 1960]

It's a legacy of progress worth protecting and a base for our daughters to build upon.

[See you at the Polls!](#)

VOTES FOR WOMEN 2010

Announcement: Kentucky Women's History Project

"Thus unfolded the "Night of Terror"

November 15, 1917, when the warden at the Occoquan Workhouse in Virginia ordered his guards to teach a lesson to the suffragists imprisoned there because they dared to picket Woodrow Wilson's White House for the right to vote." ([see full story of how women got the vote](#))

Who would think a story of terror and abuse would result in an up-beat celebration recognizing the right of women to vote? But on August 26th in Frankfort, KY. the Kentucky Commission on Women hosted Votes For Women—the 90th Anniversary of Women and the Vote. Louisville was well repre-

sented as women (joined by a few men) from across the state gathered at the state capitol in the rotunda. In a celebration of our past and our future, Governor Beshear and First Lady Jane Beshear joined Eleanor Jordan, Executive Director of KCW, and a crowd of enthusiastic women who were dressed in white with commemorative purple sashes. An array of old fashioned hats dotted the celebration, bobbing to the music. [See Photos at [Kentucky Commission On Women photo gallery.](#)]

Women's History Project Announced:

The Kentucky Commission on Women, Kentucky Commission on Women Foundation Inc., Tourism, and multiple partners have joined together to preserve the story of Kentucky women. Completion is anticipated by the 100th Anniversary of Women's Suffrage, August 2020.

The foundation has begun raising funds to support the project. Congressman Yarmuth addressed the gathering and pledged a personal donation to the project. Project goals include creation of a consortium to document, gather and research the contributions women have made to Kentucky from suffrage to the present and development of a women's history educational component for middle and high school students.

Election Day is Tuesday, November 2nd

One vote makes difference.

Don't let it be the vote you didn't cast.

It took 72 years of hard work to obtain the vote for women. *Can you spare a few moments to vote?*

Without the vote, would we have the legal right: Not be discriminated against in employment? Wages? Education? Would single women own property? Would married women be teachers?

Don't let the Suffrage Sisters down.

Remember to Vote.



Hardin Co. Women, Capitol steps.



Former Senator Georgia Powers & Congressman Yarmuth



Chris Owens, Director, OFW

In this issue you will:

- [Meet Natalie Harris, Executive Director of the Coalition for the Homeless](#)
- Find Information on [Domestic Violence](#)
- [Get Ready for Fall: Carmen's "In Your Corner—For Your Health"](#)





October: Domestic Violence Awareness

Don't Be A Silent Witness

In Kentucky, 1 of 3 women suffers from domestic violence in her lifetime.

Abuse is not acceptable!

Be aware:

5 forms of abuse are associated with increased risks of lethality. Here are the 5 abuses and the increased risk associated with each:

- ◆ Used, or threatened to use, a gun, knife, or other weapon against victim. (20.2x)
- ◆ Threatened to kill or injure victim. (14.9x)
- ◆ Tried to strangle the victim. (9.9x)
- ◆ Is violently or constantly jealous. (9.2x)
- ◆ Has forced the victim to have sex. (7.6x)

NOTE: All of these risk factors may take place away from the eyes of any witnesses and leave no visible signs.

What can you do?

Take risk factors seriously.

Do not minimize—Do not excuse.

Example 1: After threats are made and not immediately carried out, it is frequently assumed that the victim is not in real danger.

—Not true.

The more often a threatening behavior is repeated the more comfortable and real it is to the abuser. Of the 5 risk factors, threats against the victim have the greatest increased risk for lethality.

Example 2: Strangulation is often incorrectly identified as "choking."

- Strangulation is a deliberate, extremely dangerous act.
- Choking is an accidental hazard.

If abuse is happening to you or someone you know, call for help.

[Center for Women & Families](#)
[LMPD - Keep Louisville Safe](#)

There are two kinds of silent witnesses.

Some silent witnesses believe someone they know - a neighbor, family member, co-worker or classmate - is in an abusive relationship, but say nothing. Many do not know what to say or how to help. The Family Violence Prevention Fund at endabuse.org addresses those concerns with [suggestions on how to talk to both abusers and victims](#). The "Green Book" is a helpful guide for professionals and concerned friends and family.

Other silent witnesses are represented in a national Silent Witness Project: The project works to raise awareness about the devastating effects of intimate partner abuse. Silent Witnesses are life-sized red silhouettes telling the stories of individuals who lost their lives to domestic homicide. [The Center For Women & Families](#) will be placing several silent witnesses throughout their ten county service area. They ask you to keep an eye out for them.

Don't be a silent witness. Be informed - when you or someone you know needs help, know what to do.

A "What, Who & Where" of Domestic Violence

WHAT IS DOMESTIC VIOLENCE?

The [National Domestic Violence Hotline](#) defines domestic violence as "a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner." This definition enables us to differentiate domestic violence from other family violence and includes non-physical abuse.

Current Kentucky Law

Note: Amanda's Law (HB 1) made some changes to laws related to Domestic Violence in Kentucky.

KRS 403.720 Definitions

"Domestic violence and abuse" means physical injury, serious physical injury, sexual abuse, assault, or the infliction of fear of imminent physical injury, serious physical injury, sexual abuse, or assault between family members or members of an unmarried couple;

WHO IS PROTECTED?

KRS 403.720 Definitions

"Family member" means a spouse, including a former spouse, a grandparent, a parent, a child, a stepchild, or any other person living in the same household as a child if the child is the alleged victim;

"Member of an unmarried couple" means each member of an unmarried couple which allegedly has a child in common, any children of that couple, or a member of an unmarried couple who are living together or have formerly lived together.

WHERE TO FIND HELP?

Domestic Violence Intake Center:

October 15, 2010 is the one year anniversary of the new [Domestic Violence Intake Center](#). The new DVIC facility has extended hours of service allowing victims of domestic violence to file for Emergency Protective Orders, file criminal complaints and be connected to other services - all at the same time and place.

Domestic Violence Intake Center
Monday – Friday 8:00AM – 12:30AM
1st Floor, Room 1150
Jefferson Hall of Justice
600 W. Jefferson Street
(502) 595-0853

The Center for Women & Families:

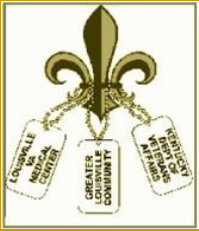
You can get help [online](#) or by calling the Center's 24 Hour Toll-free Crisis Line: (877) 803-7577. *Victims should take precautions (such as using computers in a public place) if their email or online account can be accessed by others.*

The Center can provide shelter, advocacy, assistance with safety planning, therapy and other services to victims. *Important to know:* The Center for Women and Families imposes no income eligibility standards on individuals receiving assistance, and eligible participants receive services free of charge.



About OFW

The Office for Women (OFW) vision is to create an interconnected community of champions working to improve the status of all women by bringing individual community members and organizations together to enhance collaboration, communication and coordination. Our focus is advocacy and public policy in the areas of Women's Health and Safety; Economic Well-being and Empowerment; and Investing in Girls and Young Women.



Introducing: Natalie Harris

Executive Director Coalition for the Homeless

"2010 Project Homeless Connect/Stand Down" was held September 15th.

Project Homeless Connect/Stand Down is an annual one-day community outreach project where Louisville Metro Housing and Family Services, Robley Rex Veterans Affairs Medical Center, and partners from multiple community service organizations come together in one location to address the needs of the homeless during a single visit.

This event takes place due to the work of hundreds of volunteers. This year they were joined by [2010 Miss Kentucky](#), Djuan Keila Trent. See her [album](#) on Facebook.

Approximately 650 people were served. 6% of those served were women who agreed to be interviewed by OFW about their circumstances access to services and cause for homelessness.



Natalie Harris, Executive Director of the Coalition for the Homeless: Natalie became Executive Director in April, 2010.

The Coalition for the Homeless was formed in 1986 from a task force appointed by Mayor Harvey Sloane. The task force objective was to create a coordinated community response to homelessness. Today the Coalition, a nonprofit organization, describes itself as the "voice of homelessness in Louisville ..."

Its mission is to advocate for people who are homeless while working to prevent and eliminate homelessness.



Natalie came to the Coalition with extensive experience in housing. Her background includes: management, outreach and advocacy, housing development, policy and planning.

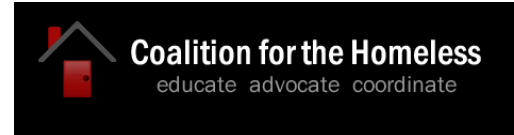
Q: Natalie, how would you describe your approach to leading the Coalition?

A: I am committed to The Coalition's three lines of service, advocacy, coordination and education. I strive to work with our service provider members to prioritize these efforts and bring their voices together added strength through unity.

Q: How has the economy and the increase in home foreclosures affected the work of the Coalition?

A: The main reason people give for homelessness is an inability to afford housing. With Kentucky rising to the fifth highest poverty rate in the country even more citizens find themselves unable to afford housing and their other basic needs and may wind up homeless even while working.

Q: How is our community doing? ... Can we see a light at the end of the tunnel?



A: I wouldn't venture to guess on this one. I do think it is our responsibility as a community to seek long-term solutions to human needs. This means helping people gain the tools to access adequate employment and the creation of permanent housing solutions to help people get out of emergency shelter situations.

Q: The Coalition held its annual Race to Eliminate Homelessness on September 25th. Please tell us how The Race is important to the Coalition's work.

A: The Race to Eliminate Homelessness is The Coalition for the Homeless' only major fundraiser. The proceeds from this event support our homeless education activities that have no other permanent funding source. Only through education can we create real change in our community by educating others about the need and helping them learn ways to make a difference for others.

The Race to End Homelessness

A project of the Coalition for the Homeless, Louisville, KY



You can find more out more about the Coalition for the Homeless and homelessness in our community by visiting the [Coalition's website](#).

"Quick Facts" about homelessness and women:

- Domestic violence is a factor in the homelessness of 24-28% of homeless women.

Of women interviewed by OFW:

- 43% have children under the age of 18.
 - An average of 2 children per mother.
- 60% have a source of income (may be intermittent)

What information is needed to request an order of protection?

- Photo ID
- Abuser's:
 - ◆ Full name & address
 - ◆ Social security number
 - ◆ Birth date
 - ◆ Place of employment

- A copy of any existing EPO/DVO
- Witnesses (including police officer)
- A safe address to receive information from the court

Find out more: Call the Domestic Violence Intake Center at 595.0853 or visit [online](#). See a Domestic Violence Petition/Motion form [online](#).

Upcoming Mayor's Community Conversation



Join OFW at the
Final Mayor's
Community
Conversation
with
Mayor Abramson

Monday, October 18th
Seneca High School
Large Gym
3510 Goldsmith Lane
[Details](#)



As cool weather arrives and winter waits at our door, the children are back in school. Perhaps that is why fall is so busy. Here are connections to fall observances and events.

October:

October [Observances](#)

[Health Related
Observances](#)

[Domestic Violence
Observances Calendar](#)

[OFW Calendar](#)



November

[Election Day](#)

[Thanksgiving](#)

[Metro Events Calendar](#)

IN YOUR CORNER: For Your Health

Contributed by: Carmen Brown



The Greatest Gift

Change always comes bearing gifts.
~Price Pritchett

Doesn't this quote speak volumes?! A change of career brings exciting new challenges; a change of scenery brings a new perspective to even the oldest of places. The new challenges and perspectives are the gifts in these situations. Consider what has changed in your lifestyle or daily routine recently. Maybe you have changed the route you take to work or have a different hairstyle. Or, if you are like many across the Louisville Metro area, your routine has changed because your children are back in school. Whatever the case, there is a change you can make to your routine that will give one of the greatest gifts ever—your health!

According to the [CDC](#), regular physical activity can lead to sharper thinking, better learning and listening skills at any age. It can also reduce your depression risk and help you sleep better.¹ Even though these are proven facts, the number one reason given for not exercising is not having enough time. However, small changes in your routine can help you increase your physical activity. Here are some ideas:

Do you sit at a desk most of the day? Schedule some activity on your "to do" list. Work in 10 minutes of stretching or walking during your work day. You can walk around your office floor or up and down stairs. Do this three times a day and you have completed 30 minutes of physical activity.

Do you go shopping? *Of course!* Take a brisk walk around the entire mall before going into the stores to make your purchases. If you are in the grocery store, walk the store, even if you do not need items in that particular aisle.

Do you have play groups? Have a dance party! Turn on some music and dance with the kids. This is a great activity because, not only are you getting some aerobic exercise, the children are getting exercise too!

These are just a few ideas that will hopefully help you take a different look at your daily routine. Think of ways to increase your physical activity by doing things you currently do. These small changes will bring you great gifts in the end!



An Easy Way To Protect Your Health

Useful news from Teena Halbig about an easy way to eliminate a common source of harmful bacteria from your kitchen:

"Cloths used in kitchens need to be changed or disinfected frequently to destroy bacteria, which could cause food poisoning. Any breakdown in these procedures means that bacteria can be spread from the cloths to the hands of kitchen staff and to work surfaces and equipment. Where kitchens prepare both raw and ready-to-eat foods, there should be separate cloths for each area to reduce the risk of spreading bacteria."

An England's Health Protection Agency (HPA) study found more than half the kitchen cloths examined were contaminated with harmful bacteria. The two

bacteria most often found were *Enterobacteriaceae* (related to salmonella) and *E.coli*.

According to the Centers for Disease Control and Prevention approximately **76 million Americans are sickened by contaminated food every year and 5,000 of these people die**. Using fresh cleaning cloths and towels in your kitchen will greatly reduce you and your family's risk of food poisoning.

Thanks to Teena Halbig for this information.
[Teena Halbig, a multi-talented civic and environmental activist, has among her varied accomplishments a Bachelor of Science Degree and Certificate in Medical Technology from the University of Louisville; experience as a Microbiologist and Virologist at Jewish Hospital; and medical researcher at UofL.]

GET OUT THE
VOTE!